



natural digestion aids

digest away food intolerance

Food Item	Measure	Product Options			
		Double Strength Relief	DigestEasy Solution	BakeAid	Ginger Oil
Flour	per cup	1/16 tsp	½ tsp	¼ tsp*	-
Oats	per cup	1/8 tsp	1 tsp	½ tsp*	-
Milk	per litre	1/16 tsp	½ tsp*	¼ tsp	-
Cream	per litre	1/8 tsp*	1 tsp	½ tsp	-
Yoghurt	per litre	1/8 tsp*	1 tsp	½ tsp	-
Coffee	per cup	dusting*	2 drops	-	-
Tea	per cup	dusting*	2 drops	-	-
Beer, wine, spirits	per std glass	dusting*	2 drops*	-	-
Wine	per bottle	-	12 drops*	-	-
Fruit Juice	per glass	dusting	2 drops*	-	-
Fruit Juice	per litre	1/16 tsp	½ tsp*	¼ tsp	-
Meat	per kilo	¼ tsp	10ml	-	2 tsp*
Vegetables		dusting + oil	coat + oil	-	to coat*
Fruit		dusting*	coat*	-	-
Bottled Sauces	per 500g	1/16 tsp*	½ tsp*	¼ tsp	½ tsp
Soy Sauce	per 250ml	1/16 tsp*	½ tsp*	¼ tsp	½ tsp

* recommended product